NIAGARA NEWS

Vol. 4 No. 7 Feb. 7, 1974

NIAGARA COLLEGE of Applied Arts and Technology RESOURCE CENTRE

FREE FLOATING FANTASIES

Owls in the classroom. Birds hovering around their birdhouse — inside Niagara College. The Man In The Moon learning how to count. Yes, they are for real — on paper. These mobiles have been constructed by Educational Resource Technician students, not as classroom decorations, but as a lesson in the principles of art instruction. "The students will be able to assist a teacher in an art class, or under the teacher's direction carry out a complete lesson," explained Elvira Lucas, the ERT instructor who directs the weekly crafts sessions.

Photo by Wendy Luce

RESTRUCTURE ADMINISTRATION, CREATE ASSISTANT TO PRESIDENT

By STEVE SHARRATT

A new position of assistant to the president has been created and the office of registrar abolished in a restructuring of college management announced by A. S. Manera, college president.

Under the new plan:

— The registrar's branch is integrated with the Student Services Branch.

— The Personnel Branch is integrated with the Treasurer's Branch.

— The name of the School of Technology is changed to the School of Applied Science and Technology with no changes to staff positions.

— A recommendation for the integration of the School of Community Education with the School of Applied Arts will be deferred until further studies of various alternatives are concluded.

The post of assistant to the president will be advertised "in the near future," Mr. Manera said in the Jan. 25 announcement. "The assistant to the president will free me from much administrative detail," the announcement said. "The incumbent will not be a level of management nor act as a buffer between the staff and me."

"Instead, the appointment is intended to give me more time to spend visiting the various college centres and getting to know staff and students more closely than my present workload allows."

The announcement said that the integration of personnel and registrar functions with the treasurer and student services branches "should not be perceived as a downgrading of these roles, both of which continue to remain essential to the College's further development."

Mr. Manera said the result of changes would be to reduce the number of people reporting to him to eight.

The integration of the Registrar's Branch has been in effect for a few months as an interim measure. This arrangement has now been made permanent and the positions of registrar and secretary to the registrar have been abolished.

He said it has been college policy not to have more than two levels of management below the president.

"The benefits of this policy are that communication flow is improved and administrative overhead is kept at a minimum."

"In compliance with this policy, various Schools and Branches that previously involved three levels of management have during the past two years been restructured to only two levels of management. This has resulted in a total of 11 management positions reporting directly to the President. (12 with the new Dean of Health Sciences), thus increasing the time that I must spend on co-ordinating functions to an undesirably high level."

"There are two ways in which the number of people reporting to me can be reduced. One is to add a third level of management. This option is costly and undesirable because of its effect on the flow of communication; therefore, it has not been pursued. The other option is to select those branches or schools now reporting to me that do not involve a large number of staff and integrate these with other schools or branches."

Reshuffled reporting relationships

Official	Position	Superior
J. L. Parrett	Assistant Registrar	A. S. Aboud
Mrs. M. E. Patterson	Student Awards Officer	J. L. Parrett
Mrs. M. Cunningham	Bookstore Buyer/Supervisor	R. P. Cridland
Miss M. Petruzella	Admissions Secretary	G. W. Repar
G. W. Repar	Head, Counselling and Admissions	A. S. Aboud
G. R. Pevere	Personnel Officer	G. R. Larose
I. J. Giancarlo	Dean, School of Applied Arts	A. S. Manera

The changes involving Mr. Pevere and Mr. Giancarlo will not be effective until May 1, 1974.

DEAN NEEDED

Applied Arts Split

By STEVE SHARRATT

The School of Applied Arts and Health Sciences is to be divided into two separate schools — increasing the number of schools at Niagara College from five to six.

The new School of Health Sciences will incorporate all the health science courses now being taught at the college.

The position of Dean of the School will be advertised soon, A. S. Manera, college president, said in an announcement Jan. 25. The change is to take effect May 1 at the earliest.

The new school will offer nursing, dental assistant, medical records, dicta-typist-health records, health science preparatory and emergency care attendant programs.

"Although Dean (John) Giancarlo has done an outstanding job of leading the School of Applied Arts and Health Sciences, the sheer magnitude of the School necessitates this division of responsibility," the announcement said.

"Our health program now enrol in excess of 500 full-time students. This coupled with the developmental work needed to mount additional health science programs, justifies the establishment of a separate school."

Former Radio and TV student to write, announce for CFRB

By KAREN CROZIER

Former radio and television student Ian Slack will be writing and announcing news for Canada's largest radio station-CFRB in Toronto.

Ian, 22, who attended Niagara from 1970 to 1972, was "the kind of fellow who had an instinct for the news business," said Ian Brownlee, radio instructor.

An "ambitious" young man from Smiths Falls, Ian has already worked at three radio jobs since he left Niagara. His first was a summer job with CFRB.

Ian won an award in the summer of 1972 for being the best newsman of the CFRB good news team.

"The good news team hires students and sends them on the lighter feature assignments," Mr. Brownlee explained.

Ian then worked for the Robert Stanfield campaign as a newsman.

"His first full-time job was with CKBB in Barrie," Mr. Brownlee said.

Ian will be working the overnight or graveyard shift at the CFRB station.

"He's competing with me," Mr. Brownlee said jokingly. "I'm working the shift on Ian's two days off."

"He's made extremely rapid progress," he added.

Ian Slack

Proposed 10-period schedule to ease timetabling, add space

By CHRIS HOLLAND

The proposed 10-period schedule would ease timetabling problems; the effect would be the same as adding 25 per cent more space, according to David Davies, chairman of the timetabling committee.

The college faces a possible 10 per cent increase in enrolment next year, with additional programs being considered. Third years are also planned for programs which have previously been only two years.

The 10-period schedule, with 50-minute periods, would be one way to solve the problem of increased space requirements with a minimum of expenditure.

"It is responsible use of existing space," said Mr. Davies, "responsible to the students and to the public."

Other proposed solutions were the construction of portable classrooms, or subdivision of existing teaching areas. However, both would involve more funds and would impair future building plans.

Another alternative considered was the elimination of double lunch spares, but it was felt the students need this time to take part in various activities.

Mr. Davies said the timetabling committee would try to avoid lengthening students. personal schedules by two hours.

"Every effort will be made to ensure that a day will not span more than eight hours."

It takes three months to arrange timetabling for a term, and it is a complex problem, he added.

"It's a pressure job," he said. "The timetable is the clock by which the college operates."

To set up the timetable, large boards are used, with spaces for every room and period. After looking in the instructor book, and the student book, the committee marks each space with a colored ticket representing the class which will use the space at that time.

The board serves as a permanent record of the timetabling situation, and any changes can be checked easily.

All schedules are done in consultation with program co-ordinators, who may require specific areas or special equipment.

NIAGARA NOTES

Pinball scholarship

The money SAC (Student Administrative Council) receives from the pinball machines on campus will go towards an entrance scholarship. Scott Trinder, executive vice-president, said details of the scholarship have not been decided.

Students for Press Theatre

Students interested in working on the technical side of Press Theatre productions can now contact the newly appointed stage manager.

Phil Cheveldayoff is anxious to work with interested students. Call 227-4505 or drop in to the theatre offices at 365 Glendale Ave., St. Catharines.

Formal date set

Niagara College's 7th Annual Winter Carnival Formal will be held Fri., Feb. 22, at the Ukrainian Cultural Centre in Welland. Tranquillity Base will provide the sound, tickets are $11 per couple. Students, staff, alumni and business associates of the college have all been invited. Tickets are available at the main office, SAC offices and the cafeteria at noon hour.

EDITORIAL

The tentative plan to extend the school day to a 10-period schedule is said to be the most acceptable solution to the space problem. Most acceptable. Most acceptable to whom?

Any change to the length of the school day will affect both students and the staff in several ways.

The school day in September, 1974 is to begin at 8:15 a.m. This means crawling out of bed even earlier in the morning to get to the first class of the day on time. Even now those living farther away — Hamilton or Niagara-on-the-Lake — get up at 6:30 a.m. And who would want to get up earlier?

If the last period ended at 5:20 p.m. what time would you get home? Would dinner be over when you got there? If you live alone would you feel like preparing a meal when you did get home?

Many students have part-time jobs, using the money to put themselves through college. Obviously any extension to the school day would hamper those who work — shortening the hours of some jobs while making others impossible.

And how will the teaching day of instructors working night school be arranged?

Transportation problems — getting to and from the college — also enter into the picture. A large number of students obtain rides as passengers with someone else. But what driver wants to wait around until 5:20 for a passenger if he himself gets out earlier? How would he fill in the time if he did wait?

It was said students would be on shifts so that individual students would still have an eight-period timetable. This also would cause a problem with transportation if the student did not have to be at school until the third period which starts at 10:05 a.m.

How many students would stay for the later classes, especially if they had a spare or two before? How many would have enough interest to wait around for that class. Everybody likes to get home early — look at the parking lot on a Friday afternoon as it is now.

Some of the instructors feel obligated to remain at the college until the last period is over in case students need them. But these instructors have home responsibilities, too, that cannot be overlooked.

And what about the secretaries, maintenance workers and others? Will their hours at the job change?

The Ministry of Colleges and Universities recently allotted $211,000 for an extension to the cafeteria. — If it can do this, why can't it provide money for classrooms, where need is proved?

But before anything definite is decided a full-scale investigation should be made into the space situation. A little more flexibility in "official classroom space" is in order. The 10-period schedule should be used only as a last resort.

Gary Matthews

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THE GROUND HOG'S TALE

By KATHY KEARNS

The ground hog is the victim of mass discriminatory methods widely practised in reference books and nature encyclopedias across the continent.

Look for ground hog under G and you won't find him there. You are kindly asked to refer to woodchuck. That's because a ground hog is not a ground hog, he's a woodchuk.

And yet the ground hog who is not a ground hog but a woodchuck has an entire day named after him. American superstition has it that the misnamed ground hog is a weatherman.

On Ground-hog Day, Feb. 2, if the ground hog sees his shadow he'll return to his den under the ground and hibernate for six more weeks of winter.

But if cloudy skies hide the sun and the ground hog can't see his shadow he stays above ground anticipating spring. Fooled again.

The ground hog doesn't really deserve credit for this day because it really originates from an old tradition in Europe. That is, if Candlemas Day, also Feb. 2, is sunny it indicates a long winter.

Why the ground hog was singled out for these honors is a wonder to all. He's merely a sturdy, thick-set, ground-dwelling, rodent. No better than his cousin the rat.

He has a coarse coat which is gray or brown, tipped with rusty red or white. As you can tell, no raving beauty.

The average ground hog is 20 inches long and about five to 10 pounds. His most astronomical achievement is sometimes getting fat — 20 pounds.

His home is rocky country but he's not fussy. Since he's too pudgy to climb trees anyway, it didn't bother him when man destroyed forested areas to make way for fields.

He quickly took to devouring the farmer's hard work. Thousands of ground hogs are shot every year yet their population continually increases — like rabbits, another cousin of theirs.

Come winter time, Mr. Ground Hog crawls into his den below the frost line and curls up. He tucks his head between his legs and his arms around his shoulders and falls into a deep slumber in which he can neither feel nor hear.

The only thing that can wake him up before his fabled spring arrival is warming him up for several hours — such as placing him over your radiator at home.

How a dull, uninteresting creature who spends half his six year life-span sleeping ever got chosen as the barometer of spring is surprising.

As a quotable quote in Reader's Digest said:

"Pity the poor ground hog, all he has is a woodchuck's body and an old wive's tale."

CANADIANA

Steamships - end of an era

By BRENDA FOX

The advertisment for the Lake Erie Excursion Company read,

"Any size car and driver 15¢".

The year was 1910. It was a warm summer's day. The dock at the foot of Commercial Street in downtown Buffalo was bustling with people.

The waited excitedly for the Canadiana, a steamer that would carry them across the Niagara River to Crystal Beach — the favorite playground for hundreds during that era.

The Canadiana, which operated on the Crystal Beach-Buffalo run for 46 years, was only one of several excursion steamers that linked the two shores.

The ads proclaimed:

"Ten rides for $1".

"Service every few minutes".

There were few cars and no Peace Bridge in those days and the excursion steamers became a big attraction for the people of Buffalo who wanted to reach the sand beaches, resort towns, and prosperous farms of Canada.

A common sight during pre-auto days were buggy owners "holding their horses" on the windy prow of side-sheelers such as The Pearl, The Gazelle, and The Ossian Bedell.

But most memorable is the Americana and, of course, the Canadiana.

In 1908 the Lake Erie Excursion Company took over the Crystal Beach Company which had been incorporated in 1890, and built the Americana that same year.

This new, all-steel steamer of 969 tons, boasted three decks reached by wide staircases, much stained glass and fancy woodwork.

Then in 1910 the company built the Canadiana, an identical sistership, except that she was five tons heavier.

The steamers made the three-hour trip six times a day. They also served as commuter ships for the many beach residents who worked in Buffalo during the day and returned to their cottages each night.

Another reason for their popularity was the enticement of just a slow and relaxing lake cruise. Then there were always Canadians wanting to visit the industrious city of Buffalo.

Whatever the reason, on most rips, the decks of both steamers carried a full capacity of 3,600 passengers each. As cars became popular, they, too, were taken on board.

Patronage decreased, however, when the new Peace Bridge was opened in 1927.

The Americana, sold one year later for service out of New York harbor, operated there until 1970. Niagara area residents who once rode her decks can still recognize their "Crystal Beach boat" when they go to New York City.

The Canadiana continued to run between Crystal Beach and Buffalo until 1956.

High winds and swift Niagara currents sometimes caused her to miss a landing at the beach, but she seldom broke down. There is no record of any passengers having to use the lifeboats for emergency purposes.

This steamer was retired from the Buffalo service in 1956 after a riot occurred on one trip the previous summer.

In 1958 she operated out of Toledo, Ohio, for three years, when a collision with a bridge ended her revenue service.

In storage at Cleveland, the Canadiana is still afloat, but in bad condition.

The large lake and rivers were not a barrier between national boundaries, but rather, drew together those who lived on opposite shores.

Shorelines constrasted in the early days of this century, drawing urban Americans to the recreational Ontario side. While they vacationed and explored, Canadian relied on them for tourist markets.

Thus, whether it was summer crowds escaping the heat of the city, company or family picnics, or just young couples on romantic, moonlight cruises, the excursion steamers added both excitement and color to that peaceful era.

The building of the Peace Bridge cut down the demand for the heavy two boat service. The Americana was sold in 1928 for service in New York.

PSYCHIC PISCES

By KATHY RENWALD

Pisces is the brooding, child-like, mystical sign of the zodiac.

Pisceans are sensitive and moody. They are prone to fits of depression and self pity. But no other sign can be as compassionate, tender or sympathetic as a Pisces.

Pisceans hate to see human suffering. Their empathy for others make them concerned, loyal friends, especially when they are needed.

Pisceans are often recognized by a certain vague look about the eyes. Daydreamers by nature, they live somewhere between the earth and the stars. The routine of everyday living has no appeal for them.

Sometimes they feel the need to escape the harshness of the real world, and they do this by indulging in alcohol or drugs.

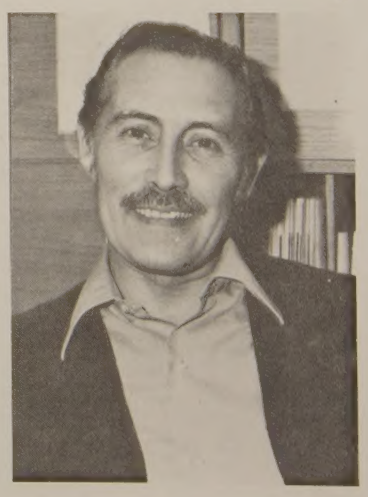
They are affectionate and loving. They enjoy touching, hugging, and generally being in close physical contact with others.

Though they can be indecisive and wishy washy, Pisceans also possess a certain adaptability that gets them through difficult situations.

Pisceans are well known for being psychic. Neptune, their ruling planet, is strongly connected with the occult. Pisceans would do well to follow their hunches; their intuition will almost always show them the right path to follow.

But Pisces, symbolized by two fish swimming in opposite directions, has the tendency to do just the reverse of what they know is right for them.

When Neptune, the ruler of Pisces, is strongly represented in the chart, it leaves Pisceans with a love of liquid, refreshment, and an affinity for the sea.



Ralph Greenfield, Psychology Instructor, proved to be less than keen on astrology, believing that the environment plays the important part in shaping personality. But he did admit an affinity for swimming and drinking. Though not a daydreamer, he does dislike routine, and tries to avoid getting into ruts.

Dental hygiene

By DIANE WOOD

Don't be a member of the dentally ill. Join Niagara in dental health week and brush up.

Niagara's dental assistant students are taking part this week in a Canada-wide campaign to promote good dental hygiene. Two groups are drawing up posters dealing with such topics as brushing, fluoridation and flossing.

Roving reporter ...

Question: How do you feel about the proposed lengthening of the school day ?

By DAVE ARNOTT and KATHY KEARNS

Jenny Vinnick, 19, first year journalism — Ugh! I think that's a bummer. It's a long day especially if you have a lot of spares.

Karen MacCarl, 19, first year educational resources technician — Eight hours is long enough. My course has classes only in the morning or afternoon. If they lengthen the day, it will really be too long.

Mary Anne Petruzella, 20, first year educational resource technician — I want to know why! It wouldn't affect our course because we have field practice half a day. I don't agree because I have to work, a lot of people will cut classes. You'd be pretty hungry too.

Karen Irving, 20, first year library technician — I think it's ridiculous. I don't like it. I don't know how it will affect my transportation. It would affect my job. Part-time jobs start at 5:00.

Mike Johns, 19, first year social services — No good! Bad enough getting up at 6:30 and getting home about 5:00. It would mean not getting regular meals and there would be no time. If they give us no homework, fine. There's no time now for a part-time job.

Sue Ingham, 20, first year social services — I really don't agree with that. By the time I got home it would be 7:00 which wouldn't leave much time for assignments. I have to prepare my own meals and by the time I do that, there's no time for homework.

Gary Dagenais, 22, third year chemical technology — I don't think it's necessary. Right now I have only 23 hours a week and they fit in nicely. I get two afternoons off now. I think it's fairly obvious that if a person is required to stay here until 5:30, he'd only be able to work a night shift — 11:00 to 7:30.

Judy Erskine, 18, first year chemical technology — I don't think you really need that long. I'd have to rearrange a lot of things, transportation, meals and if I was working or anything, I'd have to change my hours going out at night or things like that.

John Cote, 21, second year construction technician — I don't like it. No way. It could affect a part-time job, - getting home around 7:00. That's a drag that's going to screw up the household. And I know my program co-ordinator is going to take full advantage of those extra hours.

Bob Kijewsky, 18, first year Radio and TV — Social life will be cut down. Leisure time will be cut down. I imagine there will be transportation problems.

James Nicholas, economics instructor — Well it will cause inconviences. But in view of the space crisis, I'm prepared to co-operate. There is a space crisis because even now during peak times there are not enough classrooms available. There should be two safeguards, one for the students and one for the faculty. No one should have to stay from early in the morning till late at night. Also the faculty should not have more teaching periods.

Jill Crawford, 18, first year general business — Bad. I won't be able to work which I need to go to school. I'd have to make my own meals. With assignments, getting home late wouldn't leave much time.

Mrs. Janet Arnott, program co-ordinator, medical records technicians — As a career mother, It might possibly cause conflict between my work duties and my home duties. With the hours I keep, I'd be here from 8 a.m. to 6:30 p.m. And as a program co-ordinator, I feel it's my duty to stay here as long as there are students here. It would be a real difficulty to the students because they are here only because they've got part-time jobs. Without them there is no way some of them could be here. I believe that with more efficient use of existing space, it could be avoided. I think extension of the day should only be a last resort.

Mike Flynn, instructor, social sciences — It's going to cause some problems, some personal problems for myself. From my own experience, the last class of the day is going to have to be one hell of a class to have any attendance at all. There'll be problems for commuting students, people's homelives will be disrupted and the teachers who teach at night are in trouble. Of course, the advantage is that more space is needed. The school will need restaurant facilities and time-tabling will be a problem.

Lesia Pus, 18, first year human relations — It doesn't really bother me but it's going to affect jobs. I work at 6 p.m. and I just won't go to my last class.

Patty Miller, 21, second year general business — Ten hours! I don't think I can handle that. It's inefficient because of all the people working. It's going to affect a lot of people who need transportation. No one's going to wait around a lot of hours.

Ann Standish, 19, first year human relations — It will be a long day/I wouldn't have as much time for studying. I'd have to hitchike home if my ride left without me.

Mary-Clare Doyle, 19, general college diploma first year — You're kidding. For one thing you wouldn't have a part-time job. It would be more expensive. You'd have to buy all your meals here. You'd go half nuts by the time you got out of here. You wouldn't be able to think as well in school after all those hours. I don't think it would accomplish anything.

Gary White, 20, first year general college diploma — I don't like it. I wouldn't consider coming back, if the rule applied. Wouldn't have my part-time job. That means more classes, less time for homework.

Debby Plante, 18, first year early childhood — It's bad for part-time jobs because I start at 4. It's bad for meals because I eat at 5, they're not going to wait for me. It makes for a pretty long day.

Sharon Barton, 18, first year early childhood/education — It's a pain in the neck. It's going to cut my hours off at work. I need to work in order to go to school. Cut my hours for studying because I'll work later to make up my hours off.

Sales down on red stickers, not status symbol - Kennedy

By WERNER BERGEN

Fifty per cent below last year-that's how licence sales are going this year.

Loss of status is one reason people are not buying the new sticker, says Jim Kennedy, licence bureau manager in Welland.

Mr. Kennedy says the incentive to buy early is gone. There is not status in being the first in the city, neighborhood, or street driving with a red sticker on your plates. The habitual early buyers did not come in the first two weeks the stickers went on sale.

Mr. Kennedy said a lot of research has gone into the developing of the new system-at least six years. A paint for the 1973 plates which will hold up to five years of sand, salt and water was the biggest obstacle. The paint on the plates is not guaranteed for five years. The Department of Transport says the plates will be used from three to five years. A special plastic sticker and adhesive was also developed.

The sticker goes on the bottom right hand side of the rear plate. To put it anywhere else is against the law. The sticker has a number and 1974 written on it. A white sticker with the same number is attached to the ownership card. Once the new sticker is in place, it must not be removed. It — the sticker will "self-destruct", Mr. Kennedy said.

A red sticker on the bottom right hand side of the rear licence plate will be the only way one can recognize if a car has its new 1974 registration or not. Do not put it anywhere else. It is against the law. Do not try to remove the sticker if it goes on crooked — it will self-destruct. Lineups will be long at the end of February. Licence sales are down 50 per cent from last year at this time.

Photo by Werner Bergen

This is a safety precaution to prevent thieves from stealing the sticker and reapplying it to other cars.

Drivers do not have to fill out present registration card as in other years. A card is given to fill out. Old plate number, sticker number, name of insurance company, insurance policy number and agent has to be filled in. Owners of eight cylinder cars must pay $40, six cylinder $32 and four cylinder $23.

Mr. Kennedy said this system has been used successfully in California for the last 12 years.

LIBERATED WOMEN!

Give him a Valentine

By ROSEMARY CINO

Women of Niagara unite!

Valentine's Day is upon us--the day of emancipation is coming.

Enough talk of Women's Changing Role in Society, give your man a Valentine.

History has portrayed us as chocolate-gobbling, flower-grabbing, heart-studded inferiors.

Walk up to that card rack, pick him out a big plum red heart, if you have one.

It's our turn to put some feeling back into the day that's fallen to mothers and giant 49 cents little kids bargains books.

Stick it right up there on his locker, no need to be shy. The college is dedicated to the proposition that all students are equal.

Liberation! We have earned the right to give a Valentine. It may be a small gesture but so was letting the first woman into business administration.

According to Norman Mailer in an interview in Viva, love seems a sentimental fallacy today.

Let the ladies of Niagara show we have hearts bigger than the Simcoe Building.

If you've had an eye on a tech guy or the applied arts sensitive type--this is the opportunity.

College women have to compete in a man's world but we can express our femininity--give him a cute, cuddly Valentine. Be aggressive!

Join the Movement, sisters, make Valentine's Day synonymous with Chick Power and remember Cupid is a girl.

May 25 graduation instead of June

By DIANE WOOD

Graduation this year will be held Saturday, May 25, rather than June 8 as shown on the college calendar.

A. S. Manera, college president, said plans for the May graduation were made several months ago and the calendar date was a mistake.

He hopes the new date "will make it possible for more to participate", as some students have difficulty coming back for graduation after they have been placed in jobs outside the area.

J. L. Parrett, registrar, said in previous years about half the graduates came back for the ceremony which has been traditionally held on the first Saturday in June. It is now the first Saturday after Victoria Day.

Magazine coverage for Hort. program

By DIANE WOOD

Niagara College's horticultural program will be the first of several peninsula horticulture schools to bring the student point of view to the attention of the horticulture industry through an article in a prominent Ontario magazine, Landscape Ontario.

J. P. Mansfield, program co-ordinator, said the idea behind the student forum in the magazine was to achieve "closer communication between the students and the horticulture industry".

Two senior student representatives, Janet Brucke and Jim Hayes, attended a Jan. 11 meeting at the school with a representative from Sheridan Nurseries, Oakville, to exchange ideas about horticulture and discuss possible submissions to the magazine. Representatives from Toronto's Humber College and Niagara Parks Commission School of Horticulture were also present.

Landscape Ontario, a trade journal, industries such as Ontario Nursery Trades, landscaping, grounds maintenance and gardening. The publishers of the magazine are providing space every month for "student problems, constructive comments, and opinion," Miss Brucke said.

Two-thirds of the space will be for an article and the rest for general student ideas and questions to the industry. Miss Brucke, who will write the first article with Mr. Hayes and Mr. Mansfield, said they have several definite ideas on the article but haven't decided which one they will follow up yet.

Some ideas she mentioned were problems to do with low wages in the horticulture industry, standards of graduating students and type of education in horticulture schools.

"The article will represent the view of the college," Miss Brucke said," and will probably include some student surveys." it will appear in the March issue.

One horticulture school each month will make an entry in the magazine. Humber College will be next.

Miss Brucke said the University of Toronto, University of Guelph and Ryerson Polytechnical Institute were invited to the meeting but did not attend.

Dr. Alexander here on Wed.

Dr. Alexander may only be on the campus Wednesday morning, but medical services are available to students anytime.

"I am available at the Health Centre five days a week," said Nurse Marion Kerr, "and the doctor has left standing orders for me to administer some medicines for minor illnesses."

BELCH AFTER A CHINESE MEAL AND MAKE THE COOK HAPPY

By MIRIAM SHOWALTER

A hand waves in the air.

"I have heard it is polite to belch after a Chinese meal. Is this true or is it just a joke?" the lady asks.

Back comes the answer, "Yes. The Chinese cook would consider it a compliment."

This is the sort of conversation carried on at the course, Adventures in Oriental Cookery, offered by the Niagara College extension program. An interesting combination of shopping and cooking directions, it is taught by Mrs. Victor Fic, a sessional teacher at the college. Mrs. Fic who started at the college Jan. 1 also teaches political science to full-time students in Welland.

The course is held Thursday afternoon in the Provincial Gas Blue Flame Room in the Pen Centre, St. Catharines. The 10 demonstrations cost $20.

Of the 17 students enrolled, one is a man. For the students, the best time of the two hours is when they can eat the food they watched being prepared.

After the meat has been set to marinate (a very important procedure in Chinese cooking, Mrs. Fic asserts), she talks about cultural background and significance of the foods she will prepare.

Her opinion of what North Americans call Chinese food is very cryptic.

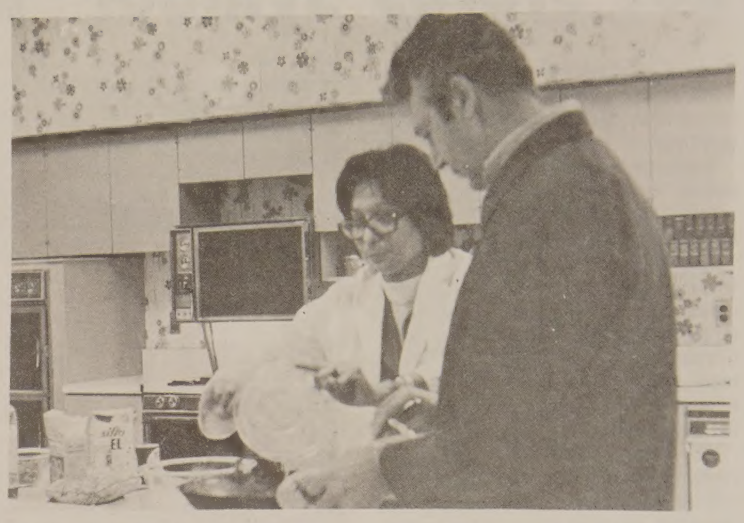
"All the leftovers you have, plus soya sauce," she said.

She laments the wasteful way American cooks prepare food.

"In Chinese food there is no waste. You can make a meal out of almost nothing."

Mrs. Fic, who learned her secrets at the feet of the Chinese experts themselves, explains the five main schools of Chinese food.

Cantonese, best known for fried rice and noodles.



Student John Turingia, restaurant owner, stirs corn soup in a "wok" while Mrs. Victor Fic supervises. The use of sweet corn in this soup is a recent innovation in China, she says — merely 500 years old.

Fukien, the least known of the schools, and very liberal with soups. In an eight-course Fukien meal, said Mrs. Fic, five of the courses might be soup.

Shantung, best known for its wine sauces, and usually a fast flame cooking.

Szechwean which is liberal with chilis, which is why restaurants do not often serve foods from this school.

Honan is known for its sweet and sour dishes.

Mrs. Fic goes on to explain the five main ways of preparing Chinese food.

Sauteeing (quick frying), red-cooking (stewing in soya sauce), deep frying, steaming and roasting.

While the corn soup cooks and the steak sautees, Mrs. Fic keeps up a running commentary and welcomes questions.

"Chinese prefer male chicken to female," she said. "If a Chinese wants to impress his guests, and takes them to a restaurant, he will insist that the chicken served is male."

"Very little bread, if any, is served at a Chinese meal. The last dish at a meal is reice, not dessert."

"Vegetables should be crisp, not soggy," said Mrs. Fic as she stirred thinly sliced bamboo shoots and green peppers into the frying beef strings. "Just two minutes, and this will be done."

The word done precipitates a general movement to the stove as students watch the steaming dish, ready with spoons to dig in as soon as it is done.

Each of the two dishes prepared is eaten as soon as it is done, in the proper Chinese style.

Even in a Chinese restaurant with a hundred tables, each dish is separately cooked just before it is to be eaten, said Mrs. Fic.

"This is the proper way to enjoy Chinese food. Pre-prepared, yes, but never pre-cooked."

SAVE $132

One stamp, a few minutes

By MIRIAM SHOWALTER

An eight-cent stamp and a few minutes to fill out a form could save students $132 a year.

I would cost this amount to pay medical insurance premiums for a student over 21 or who is no longer covered under his parent's OHIP policy.

This assistance lasts until the student is employed — if he takes the time to fill out the proper forms.

"It's a lot of red tape to go through," said Health Nurse Marion Kerr. "Students seem to forget about health insurance until they are faced with a medical bill."

What students don't seem to realize, she said, is that they can continue to get this assistance until they have a job. If the student completes his college course and fails to find employment immediately, he can continue to apply until he finds work. It is only a matter of filling out forms once or twice a year.

If a student plans to return to school in the fall, he can be exempt from paying medical insurance during his summer employment. If he notifies his employer, completes and mails the proper form, his insurance premiums will not be deducted from his paycheck.

Mrs. Kerr said it is important not to disregard notices of premium payments the student may receive after he has applied for assistance.

The student will not have to pay them if he fills out the proper form and mails it. Penalties for disregarding these notices could be a wait of three months before assistance is again continued, or a payment of the premiums in arrears.

All forms necessary for premium assistance can be picked up at the college health center in the Mackenzie building. Mrs. Kerr will explain any obscure points in the program.

Next year, information on premium assistance will be sent out from the registrar's office to all registering students. Mrs. Kerr feels that information about this assistance has not been well publicized.

Females are invading exclusive male field

By SHIRLEY DICKSON

A quiet revolution is taking place at Niagara as more and more girls enter the once exclusively male world of technology.

Of 360 students enrolled in technology courses this year eight are girls. In 1971 the school graduated only one female student, Roxanne Blazetich, an honour student in Chemical Engineering.

At other colleges and universities, a similiar trend is taking place. At McMaster University, of 219 students enrolled in first-year engineering, 18 are women. This is five times more women than last year.

Dr. W. R. Stuart, dean of technology at Niagara, would like to see more high school girls encouraged to take the technical courses.

"We would be delighted if a large number of girls entered the courses," Dr. Stuart said. "There are no barriers to women wishing to enter these courses."

Some universities formerly maintained a quota system whereby a few girls were enrolled each year in engineering and medical courses. There is no such system at Niagara. "We're interested in having more girls," Dr. Stuart said.

Niagara's first female graduate from Technology obtained employment with the federal government in Food and Drug Administration.

This is also the aim of Lesleight Masterson, 20, a second year chemical technician.

"I would like to find a job in food processing and research," Lesleigh said.

Two girls who are taking the construction technicians' course at Niagara say they first became interested in technology when they took drafting in high school They both hope to find employment after graduation as "draftswomen" in the construction industry.

"SELF-DEFENCE"

New consumer course

By KAREN CROZIER

Every consumer should know "self-defence" when shopping or investing money, says Willard Wright, instructor of a new course in consumerism at Niagara College.

So far 65 students have registered in the self-defence course to learn how to buy a house, save on groceries, invest in insurance and even buy a used car.

"If you wanted to ski this winter, but couldn't afford it-learn to save at the supermarket and you could ski next year," Mr. Wright said.

To save on groceries a shopper should have a freezer, pantry, make a list and check the ads every Wednesday to see what will be on sale, he said.

With advertising prompting people to buy, will-power is a necessity. "You never let anyone go shopping who has no self-control. If your husband or wife wants to buy everything that catches his eye, he simply must stay home," Mr. Wright advised.

To save, it is necessary to shop in a couple of stores and stock up on the sale items.

Mr. Wright has found that a round steak 15 inches thick, cut into roasts and steaks is up to 50 cents cheaper than the same meat sold in separate cuts.

The butcher will cut the meat into roasts, leaving only steaks to be cut, he added.

When most consumers open a charge account, they think the interest will only be a few cents a month, but the average charge of 1.6 per cent per month on the unpaid balance can be costly.

A balance of $100 will cost about $119 in a year, which is 20 per cent interest.

Before buying a car, it's wise to check the year and model in the consumers union guide found at newstands and libraries, to know its performance as it gets older.

"Also a trustworthy mechanic should check the can over before you buy it," he said.

Mr. Wright has found another reserve of information at the Registration Bureau, Queen's Park, Toronto.

"They will send you names and addresses of previous owners of the car you wish to buy and also the mileage each time it was sold. All you have to do is write and send the licence number."

"You would likely be leery of the car if you phoned the original owner and he said the car was a lemon."

Mr. Wright has a bachelor of arts degree in economics and is naturally interested in what people get for their money.

"I'm a whole-hearted supporter of consumer expert Ralph Nader and I've been reading about consumerism for years," he said.

"Shoddy products will improve only if consumers complain about them," he thinks.

Mr. Wright is hoping more consumers will sign up for his Tuesday night course offered to the public.

"The day course is packed, but there is 'room for more' in the evening."

$250 for top Hotel - Food students viewed as incentive to enter industry

By BRENDA FOX

The best first and second year students in the Hotel and Food Services Management program will receive $250 each from The Canadian Food Executives' Association.

"This association is anxious to work with Niagara College in training and encouraging young people to enter the hotel and food service industries," A. P. McIntee, dean of the School of Business, said.

Consisting of people in the food preparation and processing industry, The Canadian Food Executives' Association examined the college's Hotel and Food Services program and felt they would like to encourage two students by means of scholarship.

In both first and second years, "students with outstanding leadership in academic ability and success in their studies will qualify for the awards," Mr. McIntee said.

Students form Hort club to get more money

By DIANE WOOD

Horticulture students have formed a club as a means of obtaining funds more easily from the Student Administrative Council (SAC).

Janet Brucke, president of the newly formed Horticulture Club, said they have already submitted a budget to SAC and have drawn up a constitution.

Last October, SAC met with the horticulture students to deal with complaints about their $35 student fee and difficulties in getting facilities they needed. SAC suggested they form a horticulture club and submit a budget as a way of getting financial support.

Miss Brucke said, "We don't know yet if SAC is going to approve the budget but we sent in what we'd like to have."

John Whitehouse named to ILO

By DON McCAHILL

J. W. R. Whitehouse, Dean of the School of Community Education of Niagara College, has been named head of the Workers' Education Branch of the International Labour Organization (ILO) in Geneva, Switzerland.

Mr. Whitehouse will assume his new position as Chief, Workers' Education Branch of the ILO on June 1, 1974.

The ILO is a specialized agency of the United Nations.

Mr. Whitehouse's duties as director and principal officer of the Workers Education Branch include planning, implementation and supervision of ILO Workers Education programs throughout the world.

Mr. Whitehouse has been with Niagara College since 1968 and initiated the proposals that led to the establishment of the School of Labour Studies and Industrial Relations, which he now heads.

The college's development of the first college labor education credit program in Canada was recognized by the University Labour Education Association when it appointed Mr. Whitehouse to its Academic Standards and Degree Program Committee.

Mr. Whitehouse started his 20-year career as an educator in the Canadian labor movement when he was appointed Canadian Education Director of the Textile Workers Union of America in 1949.

He was chairman of the Education Committee of the Ontario Federation of Labour and wes eventually elected vice-president of the 600,000 member body.

He has served on the board of directors of the Canadian Association for Adult Education and the Canadian Institute of Public Affairs.

In 1967 he was appointed to the board of governors of the Ontario Institute for Studies in Education and in the same year received the Centennial Medal from the Secretary of State with a citation "in recognition of valuable service to the nation".

ECSTASY OF RITA JOE

An Indian's day in court

By MIRIAM SHOWALTER

Each successive play at the Niagara College Theatre Arts centre features more talented actors but progressively less talented authors.

This was the case in their most recent play The Ecstasy of Rita Joe by George Ryga from Jan. 22 to 26.

Although Patricia Galbraith did an excellent job of Rita Joe, the character was so boring that the watcher found himself wishing the stage was not blessed with her presence so constantly. He wished in vain, for she stayed on stage to the bitter end.

The stage setting was dark and austere, the one relief from blackness the white magistrate's pulpit.

Being mostly dialogue, and not particularly inspiring dialogue at that, the play was simply and frankly boring.

The setting is a court in which Rita Joe, an Indian, is being charged with prostitution. Various side skits from time to time hark back to the days when things were younger and happier.

One bright spot in the play was the singer Nancy Benedict, whose voice was properly sweet and sad and carried well, though her repertoire was soon exhausted and kept repeating itself like a broken record.

The author took such a middle road the audience was in a constant dither trying to decide whether to feel guilty or to say "that's the way to treat the damn Indians."

To be great, a play must excite great pity, joy or humor in the audience. This play excites nothing but boredom, and perhaps disgust.

At intermission and closing, the applause from the full house would have won no prizes for either volume or duration.

The author tried to inject so much symbolism into his play, tried so hard to be understanding of the Indian problem, that he succeeded only in puzzling his audience and keeping them entirely uninvolved in the play.

The lady says :

You in a heapa trouble !

By DAVE ARNOTT

You smoke your tires a little too hard one night coming out of the A & W, and unwittingly leave a long black footprint on the pavement.

A familiar howl seeps past your stereo, and the flashing red lights of one of those white and blue Matadors appear in your rear-view mirror. Captured!

You pull over, resigned to the humiliation you're about to face, when lo and behold, a sweet young thing in a blue skirt and a badge asks you where the fire is!

It's hard to argue with a policewoman.

"It's the coming thing", according to Mayla Antilli, "with the cities getting bigger all the time. Girls get into trouble too".

Mayla and Phylis Shafley are two of the four girls in the second-year Law and Security Administration program at Niagara College. When they first registered, they encountered a "minor difficulty." "Boys".

Phylis said it "took about four months before we were really accepted by the others in the course". At the beginning, they took volleyball for physical education. The girls weren't allowed to play. Phylis "kicked up a stink" and soon they were allowed to play. Eventually they were made team captains, and now "we're doing the same things they (the boys) are".

Both girls work part-time in the security field, and display an admirable dedication to their work.

"I'm interested in police work, and I just wanted to become a policewoman", said Mayla. Phylis is more interested in private investigation. She said with the increasing crime and overloaded police forces, domestic quarrels and the like will be handled by private investigators.

Women are a "calming influence" in most altercations. Foul language subsides, voices are lowered, and the woman becomes almost a potential sympathizer.

Late one evening, Mayla and her partner were on cruiser patrol, and were called to a drunk who wouldn't pay his cab fare.

"He had the money, he just wanted someplace to sleep for the night. We took him to the station, and he took a fit because he couldn't find his comb. He accused me of stealing it. We all started laughing when we saw it hooked to the back of his sweater."

This is going to shoot holes in the image of the gruff, sunglassed, southerner snarling "you in a heapa trouble, boy".

Board of Governors elects new chairman

By STEVE SHARRATT

Alex Sharp, a seven-year member of the Board of Governors at Niagara College, has been elected chairman of the board.

Mr. Sharp, Area Supervisor for the United Steelworkers of America in the Niagara Peninsula, has served as vice-chairman of the board and chairman of the board's executive committee during the past year and will replace outgoing Chairman R. T. Sawle.

A resident of Welland since 1966, he was appointed to the Niagara College Board of Governors in 1967. Mr. Sharp is the past president of Canada Works Local 3250 in Hamilton and has served as President of Canada-Parkdale Employees Credit Union for four years.

Welland real estate broker W. H. Burton will take over as vice-chairman of the board for 1974 and chairman of the board's executive committee.

Also elected to chairmanships of board committees were: Dr. L. S. C. Sturgeon, finance and property committee; G. H. Hamilton, academic affairs committee; Mrs. Eleanor Lancaster, staff and student affairs committee and R. C. Harwood, personnel committee.

SECOND NEWSPAPER AT NIAGARA COLLEGE

By DON McCAHILL

If first-year journalism students have their way, Niagara College will have a second newspaper.

The first-year students will produce the paper, still unnamed, in their spare time and hope to have an issue out every two weeks, with the first issue sometime next week.

The newspaper will help introduce the students to practical newswriting, said Austin Jelbert, Journalism program co-ordinator. It is also hoped to increase enthusiasm in the program.

The paper is not designed to compete with the Niagara News, he said, but if the first-year students get a scoop they will break the story.

The paper will probably give a student approach to news, Mr. Jelbert said. They plan to follow up stories from the student angle rather than going to official sources for stories.

The paper will give the students practical experience in copywriting, editing and writing heads, he said.

The first editor of the paper will be John Dueck; associate editor will be Jenny Vinnick.

The paper will be printed by a duplication process. The size and specifications have not yet been determined.

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Knights gain victory, Barrell gets 29 points

By THOM LEPP

The Niagara Knights men's basketball team continued winless in OCAA league play after losing three January matches. They did, however manage one victory in an exhibition game against the Niagara Falls Junior Combines.

The Knights lost 55-121 to Mohawk College on Jan. 15. Playing on their home court in Hamilton, the Mountaineers dominated play throughout the game. Rudy Barrell scored 20 points in the losing cause for Niagara, while Rick Cahill with 25 points and Rick Metcalf with 24 led the Mohawk shooters.

The Knights' next loss came against Fanshawe College on Jan. 18. Playing in Kitchener, the Knights came out on the short end of an 84-52 score.

According to coach Pete Rylander, this was a game that Niagara could have won.

"We missed 23 lay-ups," said Rylander.

Rick Ludlow led the Niagara team netting 12 points. Rick Jacobs and Don Shabot with 16 and 14 points respectively led the Fanshawe team.

Jan. 26 brought the Knights home to play the western division leaders, St. Clair College. The Windsor team won the game 120-38.

"That was the worst game of the year," said Coach Rylander.

"In fact it was probably the worst basketball game in the history of Niagara College," he added.

Rick Ludlow led the Niagara team with eight points while Duane Newby of St. Clair hit for 24.

To compound the problems the team was having earlier in the season, three players were not allowed to return to the team after the Christmas break.

"Because of certain scholastic requirements, three players, Roger Perry, Tod Laflamme and Kevin Valovich did not qualify to return to Niagara College," said Rylander.

"They were the tallest players on the team," he added.

On Jan. 10 the Knights beat the Niagara Falls Junior Combines, 98-72. Barrell led all scorers with 29 points, while Ludlow and Wayne Wiese added to the total, scoring 16 points each.

The Knights are last in the western division of OCAA play with a 0-9 won-loss record.

Team loses 3 games despite Angie's try

By THOM LEPP

Despite steady scoring by Angie Muto, the Niagara women's basketball team lost their last three OCAA league games. Muto led the Niagara scorers in all three games.

The Knights lost 55-32 to the western division leaders, Mohawk College, on Jan. 15 in Hamilton.

On Jan. 18, Fanshawe, playing on their home court, nipped the Knights 55-54 in overtime.

St. Clair topped Niagara 48-28 in a game played in London on Jan. 19.

The critical second as Niagara Knights meet Saints.

Injuries hamper Knights, lose to St. Clair Saints 7- 4

By RICK NELSON

The St. Clair Saints proved to be no saints to the Niagara Knights as the Windsor club defeated them 7-4 in OCAA hockey action Jan. 26.

The Knights held the Saints to a 3-3 tie at the end of two periods. But, in the final stanza St. Clair put the game away with four goals while firing 16 shots to Niagara's five.

"They came out after us in that last period," said Niagara coach Fred Bassi. "We've got a good hockey club but we're hit with injuries."

Two Knight defencemen, Bill Zubrinich and Bill Young, are out with injuries. Zubrinich injured an ankle in practice while Young suffered a back injury in London.

Forward Pete Vincent is out with a broken jaw.

To fill their vacancies, the Knights have Dave Parsons up from the intramural league, John McIntosh from A.I.C. in the United States and Bob Green, who aquired his release from the now defunct Port Colborne Senior "A" team.

Green, who is in the School of Retraining, is also a boxer and has won six of his bouts by knockouts.

The first period saw the Knights fire 14 shots on Saints' goalie Rick Haynes and come away with a 1-1 tie.

St. Clair tallied first as Bill Rodney took a pass from John Moore and beat Niagara netminder Richard Court on his stick side at 11:35.

However, just two minutes later, Kirby Sakaluk scored on a pretty passing play. Centre Gary Nemcko dug the puck out of the corner and passed to Rob Brown standing at the side of the goal. Brown then backhanded the puck out to Sakaluk who lifted the puck over Haynes.

The Saints held a 16 to six majority in shots in the second period but could do no better than hold the Knights to a 3-3 score.

Al Cheverdon put the Knights up 2-1 after a solo effort. Morgan broke into the clear after putting a good shift on the Saint defence and beat Haynes on a backhand at 5:25.

Just one minute later the St. Clair club replied as Moore got his second of the game. deflecting a shot past a screened Richard Court.

At 9:22 Sakaluk scored again from Nemcko but at 19:14 St. Clair tied the score with Moore scoring his second of the period from goaltender Haynes. Moore bulled past the Knight defence and flipped the puck over Court just as he was being hauled down.

The Saints scored four goals in the third period and Moore scored his third and fourth goals of the game. Singles went to Pat Mahon and Rodney with his second of the game.

Rob Brown scored the only goal of the period for Niagara to make the final 7-4.

With 1:26 left in the period, six players staged a brawl in the Niagara end of the rink.

Four players received game misconducts for their part in the melee.

New fashion for '74 Let's go to bed look

By DIANE WOOD

Fashion 1974 is ushering in the "let's-go-to-bed-look" — soft, seductive and subtle.

The look is cover-up, said first-year fashion arts students, and the fluid attire comes in loosely clinging nylon and polyester jerseys.

Burgundy velvet tank dresses, satin halter tops and tiny checked skirts with sheer tops are examples of the unstructured evening wear.

1974 also promises to be "The Year of the Denim", said students in a fashion discussion. The move is away from the heavy cotton jeans to lighter denim fabrics. Nor is color restricted to just blue. Denim skirts with big panel pockets come in black.

The faded look will also be seen in pullovers and turtle necks, the students said, with overalls with bib fronts being worn.

In jewellery: glass, wooden beads, shells and glazed horns show the return to natural colors and materials characteristic of this spring's look.

Joanne Umbriaco, first-year fashion arts student, said the concentration in spring clothing will be on "young softness". Full-sleeved dresses and wrap skirts with big tops will become many young maidens. Peasant dresses in pretty prints are also strong.

A nostalgic craze will see the return to 50's wear with bare midriff dresses and flamingo colors. Ostrich feathers and glittery panty hose will be strong.

THREE NEW LIBRARY UNITS

By DIANE WOOD

Library services will soon be available to all campus satellites with three new library units being set up as departments of the College Services Branch.

D. G. McKinnon, director of College Services, said the reorganization of services is taking place as an "adjustment to the changing needs" of the campuses.

"Last summer when the Mack School of Nursing became integrated with the college, it lost the library services that were formerly handled at the main campus, so we decided to adjust to these needs."

Students of the theatre centre, hotel and food management, St. Catharines and Niagara Falls nursing centres, Welland Vale, and horticulture will be serviced.

Three divisions, the Cental Unit, the Nursing Unit and the Affiliate Unit, will provide librarians and library technicians to these areas.

"We will have a regularly scheduled provision of services," Mr. McKinnon said. "We'll make our presence known in the schools and the students will be able to depend on our services."

The satellites have facilities to a small degree, he said, but it is a haphazard arrangement where students have to go for help to the program co-ordinator or a librarian who comes down when requested.

The Central Unit will serve the main campus, theatre centre and Sheraton Foxhead, with Stephen Kees as the senior librarian and a staff of three library technicians, one audio-visual technician and three clerks.

The Nursing Unit will serve the two nursing centres with Normal Rolls as the librarian and two library technicians.

The Affiliate Unit will serve Welland Vale and the horticulture program with one librarian and one technician.

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MANY BENEFITS GAINED THROUGH YOGA

Get high without drugs by meditating

By SHIRLEY DICKSON

A high without a low, tranquillity without tranquillizers, mind control without effort — all these and more are possible through the study of Yoga, says Viola Winsborrow.

Sitting in the lotus position on the floor, Vi explained the benefits possible through the study of Yoga.

"Truth is the basis of yourself," she explained, "and when you are honest with yourself, it then becomes possible to be honest with others."

The subject covers not only the exercises or Hatha Yoga which most people are aware of but also mental exercises or the philosophy of Yoga. The latter calls for deep concentration which leads to self realization.

Rising from the floor, she spread her arms and bent backwards slowly breathing in and releasing her breath as she bent forward to touch the floor.

"With meditation you get the same feeling as taking drugs but you get there slower and you have the high without the low," she explained.

"Some people think meditation is praying but it's not the same. You just go to a quiet place and make your mind a blank. The mind is like a filing cabinet and the relaxation allows the knowledge to come forward and helps you to reach your inner self."

Back on the floor sitting cross-legged completely relaxed and unselfconscious, she said, "This helps you to relax, makes your body so fit you don't have to worry about it. I use it when I need it, any time I'm tense or have an important decision to make."

Vi, teaches Yoga at the YMCA in Welland, became interested in the subject 16 years ago when she studied in California under Paranahansa Yogamanda.

Sinking to the floor and extending her legs, Vi started bending her toes while explaining that the Hatha Yoga exercises were good for aches and pains — especially good for writers or anyone who spends a great deal of time in one position.

There is something quite disconcerting about interviewing someone who actually practices what she is talking about — during the interview.

As Vi became more and more relaxed, this writer's pen became more and more rigid. All kinds of "aches and pains" became conscious and there was also a distinct feeling of envy.

Sensing this Vi said, "Now I will show you a few exercises to help you relax. Remember Satnam is the Sanskrit word for truth and this is what Yoga is all about."

We concluded the interview and found the only available place for the exercises. The ladies washroom. Now for the truth.

We kicked off our shoes. Vi started instructions which included vicious back bends and stretches.

"You're simply not concentrating," she informed me as my right arm side-swiped a girl who was busy applying make-up and my foot barely missed kicking another girl.

"You can't be selfconscious in Yoga," she explained patiently as the lithe figure, oblivious to stares, continued to form strange shapes.

Perhaps if I opened my eyes, which up to now had been closed on the premise that what you can't see can't hurt you, I would be able to let myself go.

It really worked. There in front of me was my big toe protruding from a torn stocking. Somehow my gaze refused to budge from this ghastly sight and the toe grew larger the more I concentrated on it.

Now the ladies washroom is an excellent place for meditation as most people realize but for Yoga exercises, it leaves a lot to be desired. The "aches and pains" became more intense.

However, all was not lost. Rising dizzily from the floor I realized I had found my own personal truth.

I had always been told by my instructors that a reporter never gets involved in a story and they are right. The truth is the survival rate for reporters is much greater if this is observed. I also found that if your really want to concentrate there is absolutely nothing quite as fascinating as your own big toe.

Triad magazine is liked by all

By KATHY KEARNS

Triad, a 20-page magazine produced by third year journalism students as a practical lab experience, came out just before the Christmas holidays.

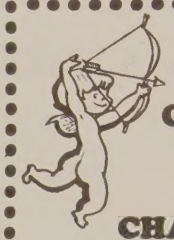
One month in the actual preparation, the 1,000 copies of Triad have been distributed in various places in the peninsula and have received dozens of favorable comments.

The magazine, printed in tones of blue and black, contains articles ranging from "VD: The Social Disease" to "How to Write Your Own Weather Report", written by the five students of the third year class.

According to Les Mate, editor of the first issue, "dozens of favorable comments have been received including two from Manitoba Telephone Company public relations personnel."

Austin Jelbert, program co-orinator of journalism, said he is "proud of the job they did, particularily for the first issue. It opens up a new area of writing for journalism students."

Two more issues will be published before the end of this term.



FREE!

APPROVED by CUPID

GOLDEN FRENCH FRIES

with the purchase of

CHAR-BROILED BIG BURGER

AT DAIRY QUEEN

598 Niagara St. N., Welland

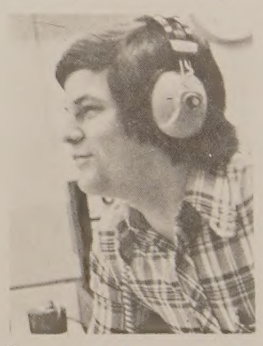
For above offer , present this ad

CKNC

MONDAY

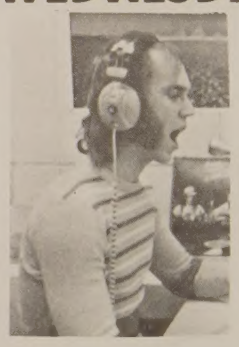
Tim Moses

TUESDAY



Steve Adamcryck

WEDNESDAY



Bill Haight

THURSDAY

Judie Atkins

FRIDAY

Lee Sterry

Our Voice is Your Voice.

ROCK HOUR

11:00 - 1:20

Barry Patterson

Bruce McCrae

LISTEN IN THE LOUNGES !

OPUS 8

TUES. and THURS.

NC TV

WATCH YOUR FAVORITE SHOWS

- The Friendly Giant
- Sesame Street
- Kojak
- Spotlight Theatre

AND OUR OWN COLLEGE PRODUCTIONS

- Foolin' Around
  Niagaras' version of Party Game.
- It's Your Time
  Interviews with Niagara people.
- FOLK TRAIN
  College talent at its best!

ALL FOR YOU ON NCTV CH. 8

The Annual Niagara College

WINTER CARNIVAL

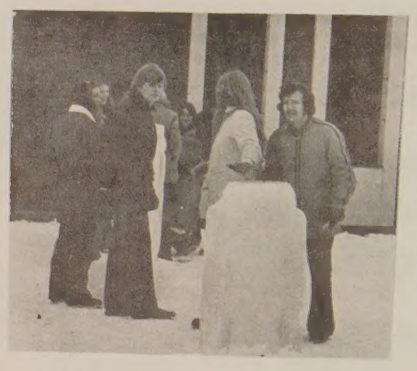
Feb. 19 - Feb. 26

Tues. 19th
SEE
George C. Scott
in The Hospital

Glenda Jackson
Richard Chamberlain
in The MUSIC Lovers

The Beatles
in Let It Be

ALL FOR 25¢
McKenzie Lounge
and S107



WEDNESDAY FEB. 20

THE STAMPEDERS

AND

BACHMAN-TURNER OVERDRIVE

CENTENNIAL HIGH SCHOOL AUD.

$ 4.00 8 O'CLOCK

PUB
THURSDAY FEB. 21
WATCH FOR POSTERS

Sat. 23rd **HOCKEY**

Niagara vs Fanshawe

8:15 **King St. Arena**

Last Home Game This Season !!!

MINI-PUB in CAFETERIA
AFTER THE GAME

7TH ANNUAL WINTER FORMAL
FRIDAY FEBRUARY 22
Ukrainian Cultural Centre
McCabe St. Welland
Music by TRANQUILITY BASE
Dinner - 7 p.m. *$ 11.00 couple*

Tues. Feb. 26
CALIFORNIA CUTIES VS STAFF
8:15 in the gym.
$1.50 Adult $1.00 Children

Process Photography by Chuck Weaver, Ken MacDonald second year graphics